



Army Suicide Preventio n Program

“Every One

M... ..”

Campaign Plan Concept

MINIMIZE ARMY SUICIDAL BEHAVIOR

**Develop
Positive
Life
Coping
Skills**

**Encourage
Help-
Seeking
Behavior**

**Maintain
Constant
Vigilance**

**Integrate &
Synchronize
Unit and
Community
Programs**

TRAINING

The Army Suicide Prevention Model



**Life
Crisis**

**Suicide
Ideation**

**Suicide
Behavior**

The Army Suicide Prevention Model



PREVENT

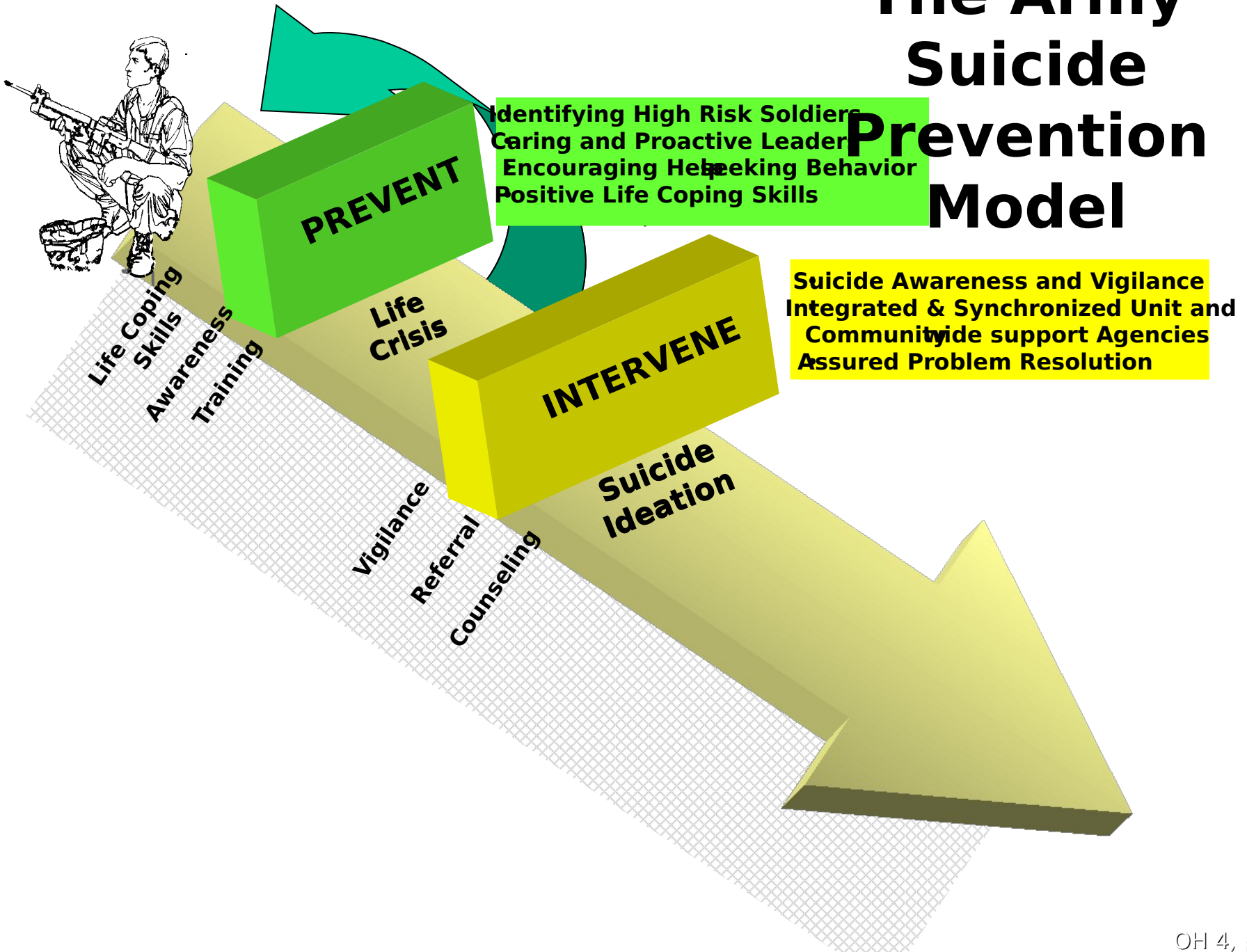
Identifying High Risk Soldiers
Caring and Proactive Leaders
Encouraging Help-seeking Behavior
Positive Life Coping Skills

Life Coping
Skills

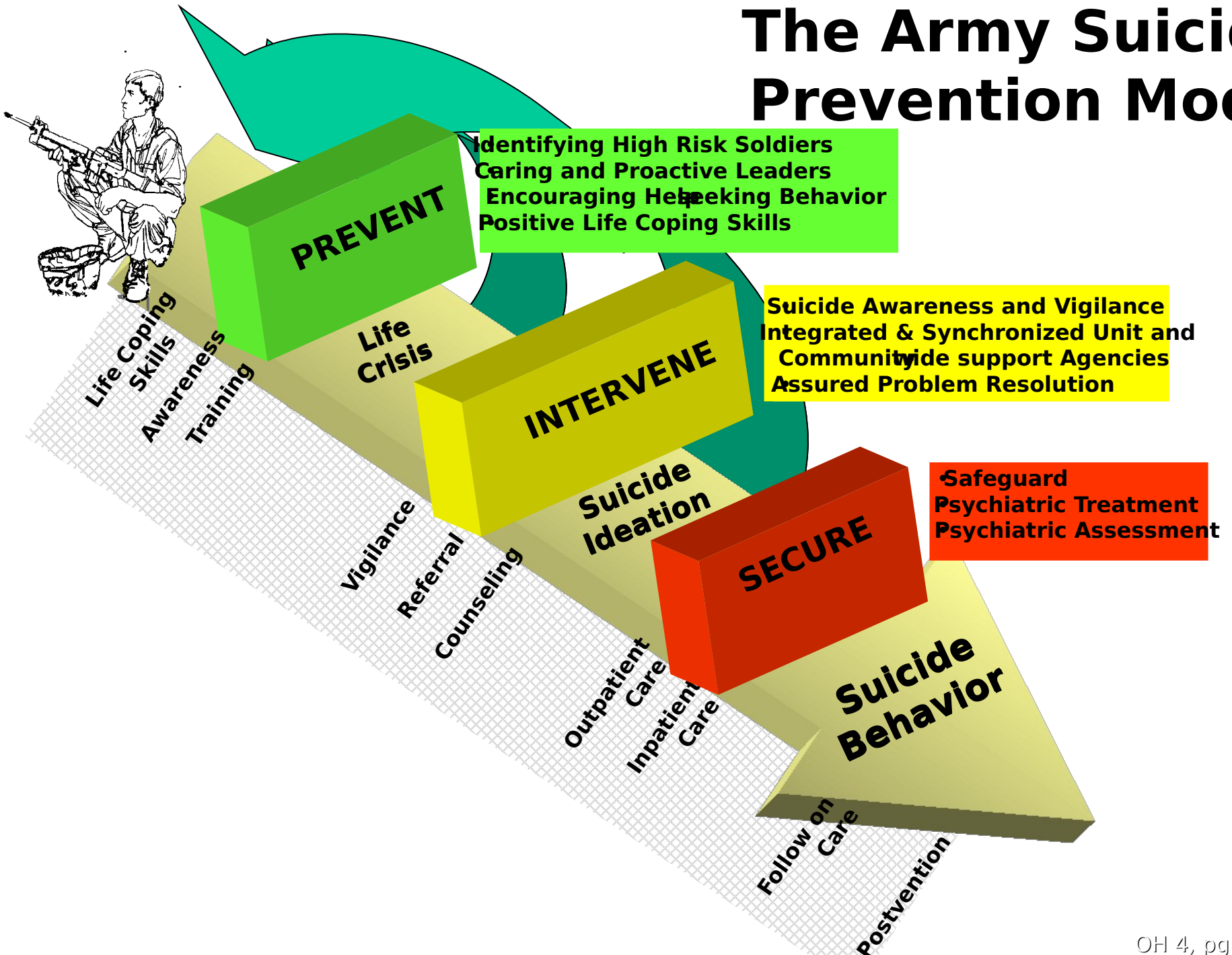
Awareness
Training

Life
Crisis

The Army Suicide Prevention Model



The Army Suicide Prevention Model



“Training Blocks”

(Targeted Training)



**All Soldiers & Army
Civilian Employees**

- **Suicide Risk Identification**
- **Available Unit and
Community
Support Agencies**

“Training Blocks”

(Targeted Training)



**All NCO's &
Officers**

**All Soldiers & Army
Civilian Employees**

- **Policy**
- **Total Individual Well-being**
- **Encouraging help seeking**

- **Suicide Risk Identification**
- **Available Unit and Community**

Support Agencies

“Training Blocks”

(Targeted Training)



- **Suicide Prevention Trained**
- **Counseling and/or referral**
- **Policy**
- **Total Individual Well-being**
- **Encouraging help seeking behavior**
- **Provide Risk Identification**
- **Available Unit and Community Support Agencies**

“Training Blocks”

(Targeted Training)

Unit Ministry Teams

**Installation
Gatekeepers**

**All NCO's &
Officers**

**All Soldiers & Army
Civilian Employees**

- **Suicide Prevention Trained**
- **Family Life Advocacy**
- **Relationship/Life Skill**

- **ASIST Trained**
- **Counseling and/or referral**
- **Interaction with Chain of Command**

- **Policy**
- **Total Individual Well-being**
- **Encouraging help seeking behavior**

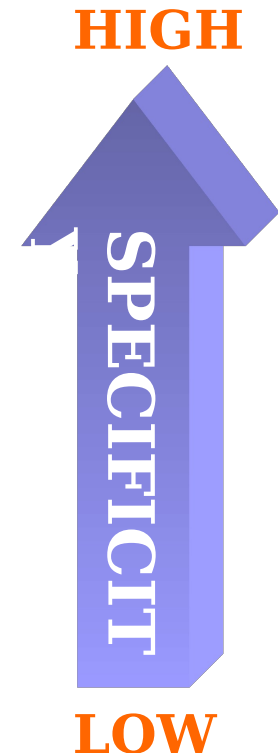
- **Provide Risk Identification**
- **Available Unit and Community Support Agencies**

“Training Blocks”

(Targeted Training)



- **Tertiary Suicide Prevention**
- **Advanced Screening Techniques**



Suicide Prevention Training Targeted Audiences

Primary Gatekeepers

Chaplains & Chaplain Assistants

ADAPCP Counselors

Family Advocacy Program workers

AER Counselors Inspector General Office

Emergency room medical technicians

Medical Health Professionals

Red Cross Counselors

Family Life Center Counselors

Combat Stress Control Teams

Dept of Psychiatry

Dept of Psychology

Dept of Social Work

Secondary Gatekeepers

Military Police

Trial Defense Lawyers

Youth Services

DoD & Local School Counselors

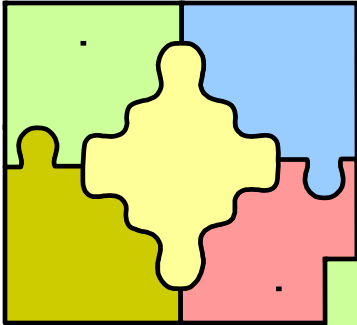
MWR Workers

Equal Opportunity Officers

Equal Employment Opportunity

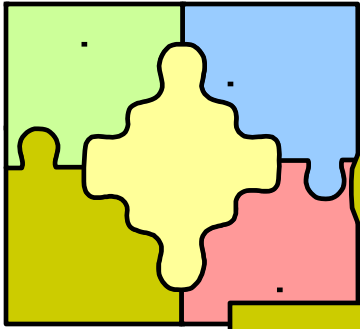


Caring and Proactive “Battle Buddies” & Leaders



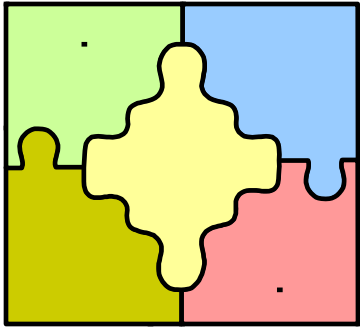
- **Encourages Help-Seeking Behavior**
- **Sense of Unit Belonging-”Buddy C**
- **Positive Role Model**
- **Knowledge of Support Agencies**
- **Genuine Interest and Concern**
- **Risk Identification**

Installation Gatekeepers



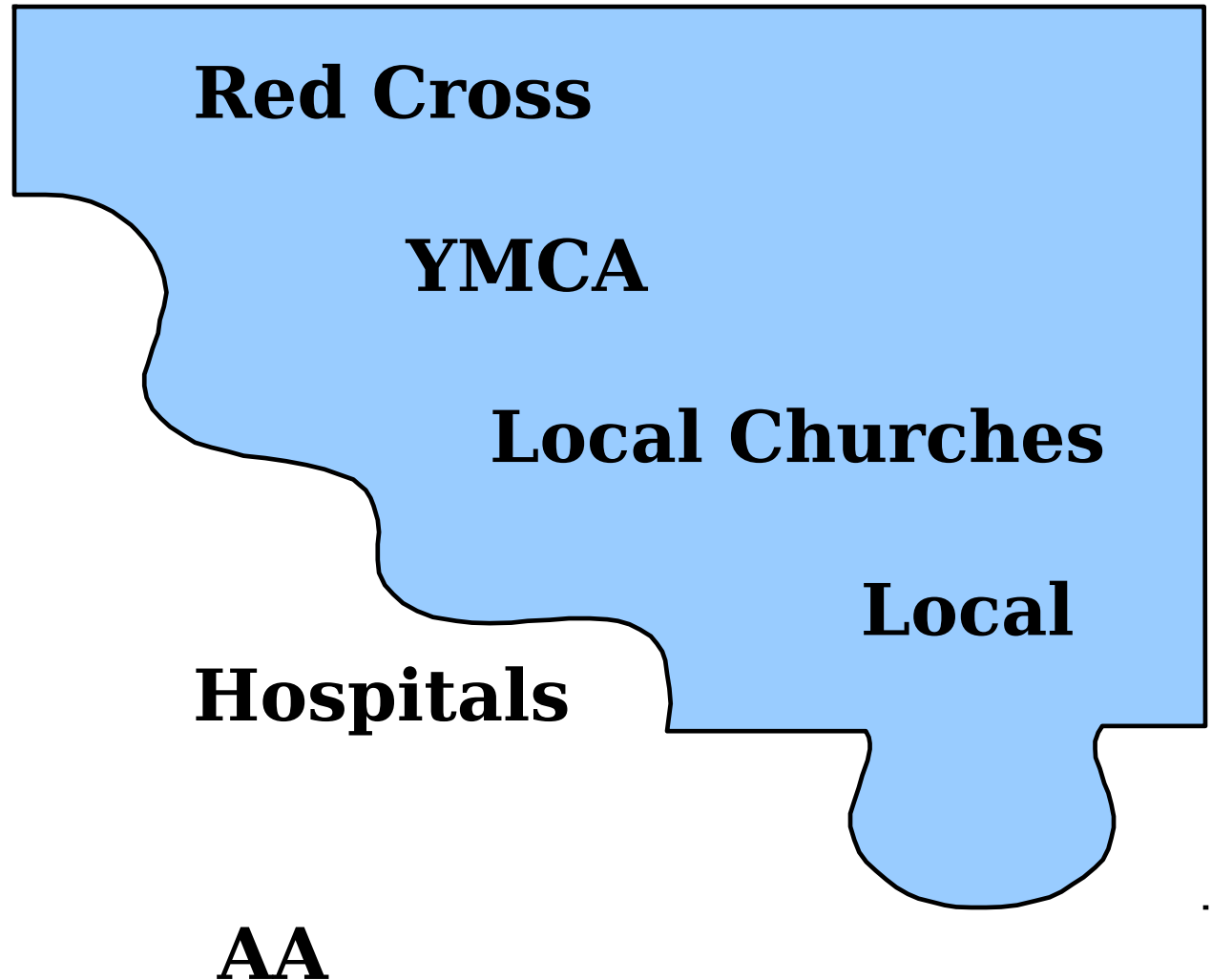
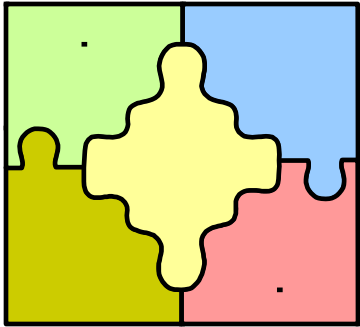
- **Unit Level Instruction**
- **Counseling/Life Skills Training**
- **Encourages Help-seeking Behavior**
- **Positive Role Model**
- **Principle Advisor to Leadership**
- **Professionally Trained in Risk Estim**

Behavioral Health Care Professional

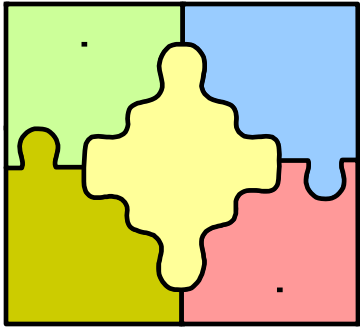


- **Prescreening**
- **Providing Surveillance**
- **Psychiatric Care**
- **Advises Commanders**
- **SME for Prevention Training**

Local Community Helping Services



Installation Suicide Prevention Standing Committee



- **Integrates and Synchronizes Installation Prevention Programs**
- **Coordinates Community Support Agencies Involvement**

Installation Suicide Prevention Standing Committee



Installation Suicide Prevention Committee

- ✓ **Maintain vigilance at the installation level**
- ✓ **Integrate & synchronize available installation, unit, and community resources**
- ✓ **Encourage use of mental health professionals in unit OPDs/NCOPDs**
- ✓ **Sponsor Suicide Prevention workshops**
- ✓ **Incorporate educating/promoting installation helping services during reception/in-processing**
- ✓ **Create post-incident response teams**
- ✓ **Encourage PAO and local media to follow responsible journalism while covering any suicide**

Commanders

- ✓ **Offer suicide prevention/awareness training to spouses**
- ✓ **Conduct OPDs and NCOPDs that focus on some aspect of mental health**
- ✓ **Promote life-coping skills development & help-seeking behaviors**
- ✓ **Develop well-defined procedures for storing P.O.W.s**
- ✓ **Conduct “family reunion” seminars during extended deployments**
- ✓ **Ensure your UMT members are qualified in Suicide Prevention Training**

First Line Supervisors/Leaders

✓ Get to know your soldiers

- **Assess Soldier's life-coping skills**
- **Anticipate dysfunctional behavior**

✓ Know potential suicide triggers & warning signs for mental illness

✓ Promote help-seeking behavior

- **Assist in reducing stigma regarding mental health**
- **Set the example - take advantage of helping services**

✓ MAINTAIN AWARENESS AND VIGILANCE!

UMT Checklists

- ✓ **Are you aware of the leading “triggers” of suicide?**
- ✓ **Are you actively involved with the leadership concerning “stressful” personnel matters**
- ✓ **Do you make yourself accessible rather than being available?**
- ✓ **Are your trainers using the USACHPPM Suicide Prevention Resource Manual?**
- ✓ **Have you been trained at the basic and advanced suicide prevention training sponsored by the Chaplain’s Office and/or the Menninger Clinic?**
- ✓ **Have you been through a Suicide Prevention Workshop?**

All Soldiers

- ✓ **Know suicidal danger and warning signs and leading causes for suicides**
- ✓ **Become aware of local helping services**
- ✓ **Take immediate action when suspecting someone is at risk for suicide**
- ✓ **Never ostracize any member of your team**
- ✓ **REMAIN VIGILANT!**

Summary

- **Suicide** is substantially **preventable** in the Army, **IF**:
 - ❑ We target those **at risk** of or currently suffering from treatable mental/behavioral disorders (primarily substance abuse/mood disorders);
 - ❑ We minimize **stigma** associated with accessing mental health care;
 - ❑ Leaders **know** and **care** about their peers & subordinate soldiers;
 - ❑ Leaders constructively **intervene early** on in their soldier's problems;
 - ❑ Leaders pay close attention & provide constructive interventions to those small #s of peers and subordinates **facing major losses** from legal, marital, occupational or financial problems